

# Yoga Class for Grades 3 through 5



The Grafton Recreation Commission is pleased to offer a yoga class for boys and girls in grades 3 through 5. Learn fun poses to increase your self-confidence and develop strong bodies. You will become more coordinated as you learn balancing poses and how to better focus your attention. Yoga will show you ways to relax when feeling upset.

**Grades:** 3 through 5  
**Dates:** Mondays, January 23, 30th Feb. 6, 13 (no class 20<sup>th</sup>) 27th March 5, 12<sup>th</sup> 2012  
**Time:** 3:00 p.m. to 4:00 p.m.  
**Location:** Grafton Elementary School, 105 Millbury Street, Grafton  
**Cost:** \$70 per student

This is an after-school yoga class that is taught by Sharon Hunter Mathews, who is a certified yoga instructor. Minimum of 5 students needed with a Maximum of 24 students.

**Registration Deadline is January 17<sup>th</sup> 2012**

To register, fill out the form below, include a check made payable to the **Town of Grafton**, 30 Providence Road, Grafton, MA, 01519 OR go on line to [www.grafton-ma.gov](http://www.grafton-ma.gov) to register on line. If you have any questions, call the Recreation Office at 508-839-5335, ext. 156.

**PLEASE DO NOT RETURN FORM TO SCHOOL**

**PLEASE PRINT**

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**YOGA CLASS FOR GRADES 3 through 5**  
**Jan. 23, 30th Feb. 6, 13th (no class 20<sup>th</sup>) March. 5, 12<sup>th</sup> 2012**

Child's Name \_\_\_\_\_ Grade \_\_\_\_\_  
Home Address \_\_\_\_\_  
Home Telephone No. \_\_\_\_\_ Emergency No. \_\_\_\_\_  
Email \_\_\_\_\_

*Office Use Only*

Date Received \_\_\_\_\_ Amount \_\_\_\_\_ Cash/Check \_\_\_\_\_

**PLEASE SIGN REVERSE SIDE**

**PLEASE SIGN IN ALL THREE SPACES**

**RELEASE AND MEDICAL CONSENT**

I, the parent/guardian of the person named on this form, a minor ("the registrant"), agree that I and the registrant will abide by the rules and policies of the Grafton Recreation Commission and its programs, including generally accepted standards of conduct, and understand that failure to adhere to such rules, policies and standards may result in expulsion from the program without a refund.

***Signature of Parent/Legal Guardian*** \_\_\_\_\_

I recognize that the registrant may suffer physical injury as a result of the registrant's participation in the program. Accordingly, in consideration for accepting the registrant for participation in the program, on behalf of myself and the registrant, I hereby release, discharge, hold harmless and indemnify the Town of Grafton and the Grafton Recreation Commission, their affiliated organizations and sponsors and respective officers, directors, employees, coaches, committees and associated personnel, including, without limitation, the owners of the fields and facilities utilized for the program(s), of and from any claims, demands, actions, causes of action, suits and liability arising as a result of the registrant's participation in the program(s).

***Signature of Parent/Legal Guardian*** \_\_\_\_\_

CONSENT FOR MEDICAL TREATMENT OF A MINOR. As parent or legal guardian of the minor named on this form, I give my consent to seek, obtain, and provide emergency medical treatment for such minor in case of injury that occurs while participating in the Grafton Recreation Commission programs and related activities. This care may be given under whatever conditions are necessary to preserve life, limb, or well being of such minor. I understand that such treatment will be sought and provided only in an emergency and that reasonable efforts will be made to contact me before providing such treatment.

***Signature of Parent/Legal Guardian*** \_\_\_\_\_

